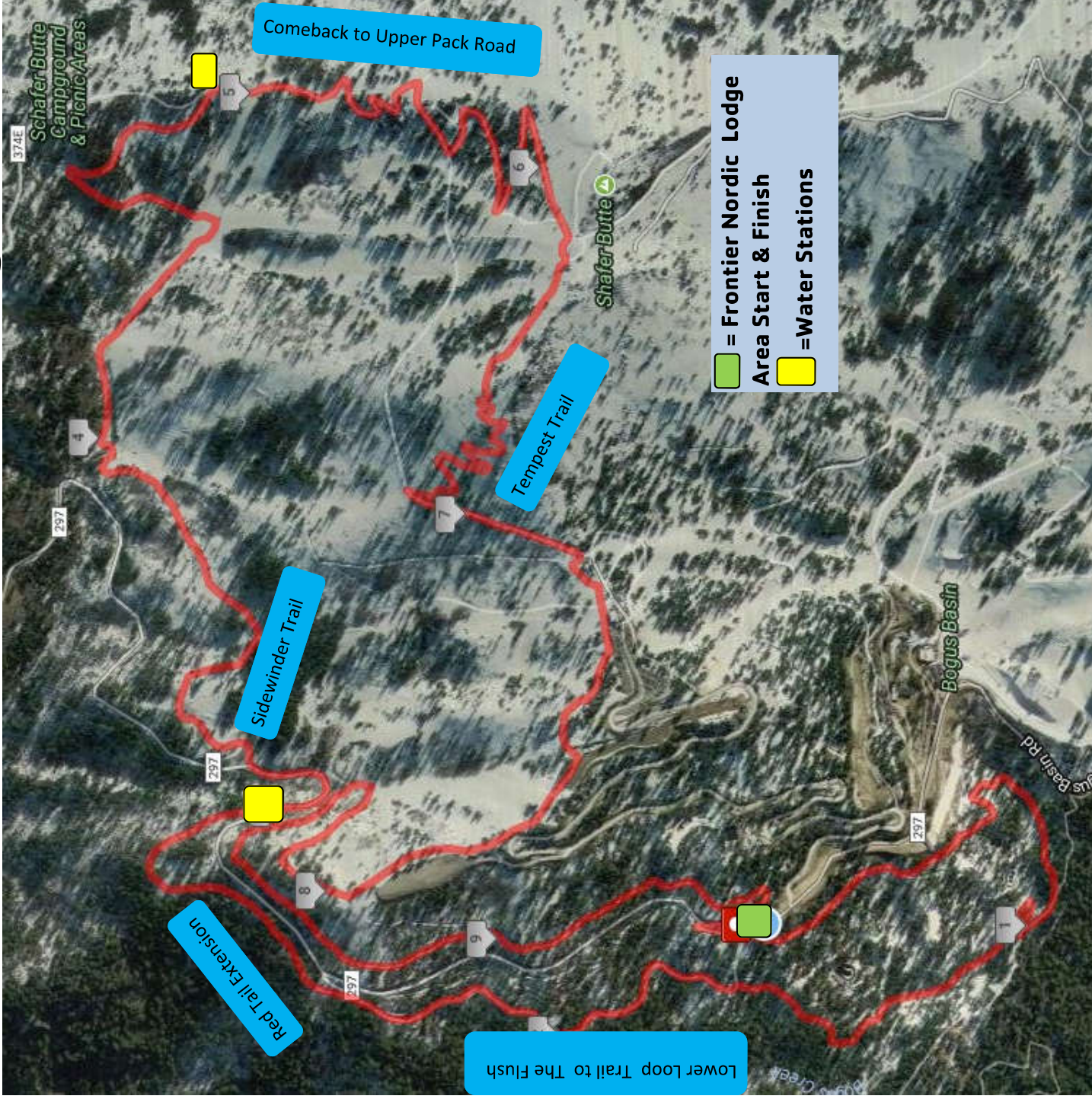


# YMCA Boise Front Trail Run Long Course



## 10ish miles

Start from Frontier Nordic Lodge, head north Nordic highway out on the Bogus Basin Rd, take first left onto Eastside trail take East Side Trail, follow to Lower Loop Trail, follow to The Flush, stay on Flush and stay left to enter Red Tail Extension, come up onto Nordic HWY, head down towards Sidewinder, to bottom of Chair 3, connect Comeback Trail, Comeback to Upper Summer Pack Road to Tempest Trail to Lodge Trail, cross tennis courts at Pioneer Lodge, take Bitterroot Cut off Rd down to bottom of Chair 5, take Sappers towards Frontier Lodge, stay on Sappers and come in behind Frontier Nordic lodge to finish!

